

Welcome To Our Office

In a few moments we are going to ask you to fill out some paperwork so we can get to know you a little better. It will help us understand why you came to us and how we may be able to help you. But before you take the time to tell us about you we thought we would tell you a little about us.

We started Forrest Health Center in 1987. Our purpose was to provide holistic health care, that is healthcare for the whole person, in one office. To that end we offer Chiropractic, Massage and Physiotherapy for the structure; Biological Nutrition for the energy and the Hologenesi s Program from mind/emotion healing and transformation. We have brochures for these if you wish to know more about them as well as extensive information on our web site, www.forresthealth.com.

Our purpose is to provide you with state-of-the-art natural healthcare using the very best products, procedures and tools currently available. For instance we use the VAI I Vertebral Adjuster for chiropractic manipulations as the well as the VPI I for releasing the fascia. For physiotherapy we use Interferential Muscle Stimulation and high tech Cold Lasers. In nutrition we use the absolute best, most effective, most energetic products available on the market today. This includes vitamins, minerals, herbs & homeopathy.

Dr. Forrest is well versed in the field of nutrition with over twenty years of experience. The work includes a special emphasis on detoxification (ask us about the ionCleanse Machine), energy and mood.

In the area of mind and emotions we combine heightened states of presence with advanced energy medicine methods to release and restore proper balance to the emotions and the mind. Our techniques include Neuro-Linguistic Programming (NLP), Hypnosis and Hypnotherapy, Time Line Clearing (TLC), Emotional Freedom Technique (EFT) and others.

We welcome you to our office and to the many resources we have to offer. If you would like to know more about any of our offerings please ask. We are available for questions throughout your treatment through email. Dr. Forrest is not available for phone calls outside of your appointments or emergencies.

We are here to serve your needs.

About Dr. Steven Forrest

Hello, my name is Steven Forrest, M.H., M.A., D.C. I founded Forrest Health Center in 1987. My training is in Chiropractic, Clinical Nutritionist and Hypnotherapy. I received a Bachelors and Masters degree from the University of Florida and a Doctorate in Chiropractic from Palmer College of Chiropractic. I have continuing certification in many areas of nutrition, hypnosis and healing.



I am here to serve your needs. My primary concern is that you get results. I have explored many alternative healing systems and methods over the last twenty-five years. Each time I learn a way to improve my ability to help I incorporate it into our therapies. Getting healthy and staying healthy can be quite complex and may require a combination of therapies. I try to incorporate as many of these as needed to give us the highest possibility of results. I use your feedback and my experience to continually modify our approach to increase the likelihood of your success.

Along with my clinical practice, I write, occasionally lecturer and teach meditation. I have a special interest and continue to explore the expansion of human consciousness. Using a variety of approaches and tools that I have learned I work with our patients and groups exploring the many faceted aspects of human life and the mind that help free us from the unnecessary and painful mind created suffering.

As the director of Forrest Health Center I am dedicated to providing you quality, multifaceted health care that works.